

Running Wild | November 2022

Run Wild Missoula Executive Director: November's Heating Up

November is coming in hot! The RWM jam-packed fall is rolling on with a handful of opportunities for members, friends and family to get moving and create connections.

Do not miss the Mountain Running Film festival tomorrow (Thursday)! The Montana Trail Crew has been working hard screening and selecting films to with poignant storytelling and stunning visuals sure to inspire. We've rounded up some great raffle items and promise to have a fun night!

The Elk Ramble is a RWM classic race showcasing Missoula's Conservation Lands on Mt Jumbo. Three hundred lucky participants, including 35 virtual participants, will conquer the 15K course prior to the closure of the area on December 1st.

Gobble Gobble! Perhaps one of my favorite races of the year with such an amazing vibe is Thanksgiving morning at the RWM Turkey Day 8K and 3K Family Fun Run. This fundraiser for the Missoula Food Bank is just over halfway to our \$6,000 fundraising goal. Run the 8K to earn the coveted Turkey Day beanie or bring the whole crew out for the FREE 3K.

Sadly, one tradition we can't keep this year is the November beer run at Double Front Chicken. They will be closed on Wednesday's for the foreseeable future, so we're hopping across the bridge to Guild. Same great crew, a few miles, tasty beer... just a little less fried chicken. Be sure to bring headlamps and reflective wear as it's that time of year!

I look forward to see everyone out there.

Enjoy Every Step!

Trisha



Welcome Baby Sylvie!

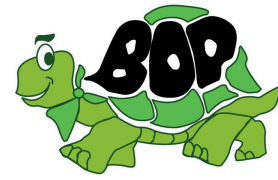
The RWM family is a little bigger! Congratulations to Angie & Jeremy Partain on their latest bundle Sylvie who entered the world in October!



BOP News!

Run Wild Missoula welcomes runners and walkers at any pace. We make that welcome even more inviting with activities aimed at the Back of the

Pack (BOP) Our program is always evolving, reflecting the interests of members. BOP Socials are a great way to meet other runners and walkers in our community of all paces!



- The October BOP Social + Walk/Run will take place on Sunday, November 20th at Great Burn Brewing
 - For more information please visit our [website](#).

Stay up to date about BOP Socials by joining the [Run Walk Run Wild](#) Facebook group or subscribing to the Monthly BOP bulletin by emailing backofpack@runwildmissoula.org.

Half Marathon Walking Class

The **Half Marathon Walking Class** is a 16 week long class to prepare registrants for the 2023 Missoula Half Marathon! We are looking for a volunteer who is excited about walking long distances and helping others achieve their goals to lead the class this year!

If you are interested or have any questions, please contact [Sally](#).



Mountain Running Film Fest • November 3rd

Get amped for a fun night dedicated to trail and mountain running! This popular event is returning to the Wilma and sure to get you stoked with stories and images of some of the best mountain and trail running around. Save the date for the 9th annual **Mountain Running Film Festival** on Thursday, November 3rd. Doors will open at 6:00 PM and films will start at 7:00 PM.

For more information and to buy tickets, click [here](#).



Turkey Day 8K & 3K Family Fun Run • November 24th

Start your Thanksgiving Day with fresh air and exercise and join us on Thursday, November 24th for our turkey trot! The **Turkey Day 8K and 3K Family Fun Run** courses travel along Ron's Riverfront Trail and around the University of Montana Campus, with short distances on a few Missoula city streets.

For more information & to register, click [here](#).

If you are interested in volunteering, click [here](#).



Last Wednesday Beer Run • November 30th

Join us at **Gild Brewing** on Wednesday, November 30th

A 3 and 5 mile course will be offered. Our beer runs are open to everyone

- Run Wild Missoula membership is not required. As outlined in our "Rules of the Run," for safety reasons, we ask that dogs are not present during the Beer Run.

Questions? Please contact our [Chancellor of Libations](#)

More info, click [here](#).



Roads, Tracks, and Trails Memorial Run • December Virtual

In 2021 this in-person event challenged participants to run or walk 4.35 miles – the average daily distance of Tony’s 1,731 day run streak – while raising funds for the Tony Banovich Memorial Fund, furthering Tony’s legacy of supporting running and walking throughout Missoula and Montana. We are pleased to continue this Memorial run as a virtual option to participants in December 2022.



For more information & to register, click [here](#).

Resolution Run • January 1st

Everyone's favorite \$5 5K is back and registration opens Tuesday, November 8th at 8:00 AM. Join Run Wild Missoula and Runners Edge on New Years morning for the **Resolution Run** to start 2023 off on the right foot!



For more information, click [here](#).

GRM Ten • February Virtual

Run Wild Missoula is excited to offer a brand new virtual event that will take place in February 2023 and registration will open tomorrow at 8:00 AM. **The GRM Ten Virtual Challenge** will run the month of February, beginning on National Girls & Women in Sports Day [February 1, 2023]. NGWSP is a celebration and inspires girls and women to play and be active, to realize their full power. This event will benefit [Go Run Missoula!](#)



For more information, click [here](#).

Missoula Marathon Weekend of Events • June 23-25, 2023

Registration for the **2023 Missoula Marathon Weekend of Events** is now open! We hope that you will join us for the best weekend of the year next June.

For more information & to register, click [here](#).



RWM Club Miles

So far this year, we have run or walked **92,186** miles! RWM Members who run or walk over 1200 or 2000 miles in one year will receive a Run Wild Missoula customized gift. Even if you didn't run or walk over 1200 miles, we still encourage you to post your miles! We love to see how much activity our club really does.

To register for the 2022 Mileage Club, click [HERE](#).

*** You will need to re-register for the Mileage Club if you did it last year to continue logging miles ***

[Video: How to log miles](#)

For more information about Mileage Club, click [here](#).

If you have any questions, email [Sally](#).



Around Town

[Light the Way 5K](#) - Missoula, MT

Alpine Physical Therapy's PT's are available for free Consults at the Blue Mountain Peak in the Racquet Club every Monday from 11am-12pm, no appointment necessary.

Membership Benefits

[Group Runs](#)

[Racemakers](#)

[Run Wilder](#)

[1200 & 2000 Mile Club](#)

[Discounts & Freebies](#)

Run Wild Missoula Information

[Run Wild Missoula Staff](#)

[Run Wild Missoula Board of Directors](#)

[Run Wild Missoula Rules of the Run](#)

Run Wild Missoula | 406.544.7073 | info@runwildmissoula.org | www.runwildmissoula.org

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#RunWildMissoula #LaceEmUp



THE MISSOULA MARATHON IS ON SOCIAL MEDIA, TOO!
#MissoulaMarathon #LastBestRace



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